Better Health
For a better way of life

Electronic Foot Massager and Circulator Instruction manual

D3961

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ELECTRONIC FOOT MASSAGER AND CIRCULATOR
INSTRUCTION MANUAL
D3961

- Alleviates tired and aching legs
- Choice of settings that can be adjusted to suit your needs
- Includes four electrode pads to target specific areas of pain
- Includes remote control for simple operation

For correct usage, read these instructions carefully and keep in a safe place for future reference.

INTRODUCTION

Poor circulation is an increasingly common problem, which arises when there is limited blood flow to the legs, hands, heart and rest of the body, either due to a medical condition or the natural aging process. This decrease in circulation can lead to a cold feeling in the extremities, tired, aching/ heavy legs and swelling of the feet.

This foot massager uses electrical muscle stimulation (EMS) applied primarily through two large footpads to stimulate thousands of nerve endings in the soles of the feet to help improve circulation. The physiological result is that the foot and calf muscles contract and release, creating a pumping action. This action imitates the body's natural circulatory system of the leg such as when you walk. As the calf muscles contract blood is squeezed into the deep vein of the leg and pushed towards the heart. This action effectively prevents stasis (the pooling of blood) with a significant increase in venous blood flow. E.M.S is part of a Transcutaneous Electro-Nerve Stimulation (T.E.N.S) family, which has been sold over the counter in pharmacies for decades. Additional electrical pads are included with the device to treat other areas of pain. There is a large body of clinical evidence supporting T.E.N.S and E.M.S.

MAIN FUNCTIONS

1. Helps improve circulation by stimulating the nerve endings in the soles of your feet, also helping to relieve fatigue and aches/pains.
2. Helps improve sleep: consistent nerve stimulation has been found to be beneficial to ones mental and physical health.
3. Far-infrared function: It can release continual heat to warm cold feet and promote better blood circulation.

SAFETY

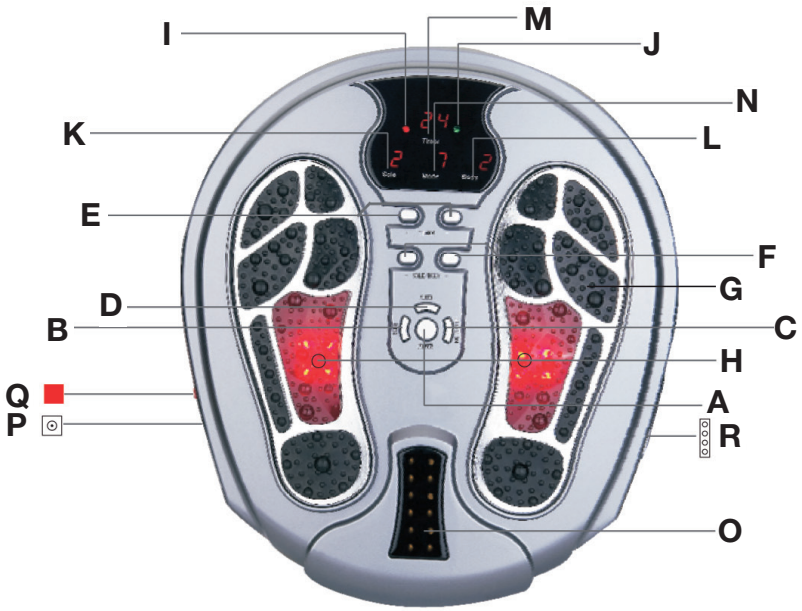
For your safe and correct use of this device, it is recommended that you read the following guides before using it.

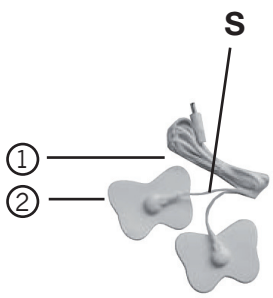
The following people must never use the foot massager
- Anyone fitted with a pace maker or automatic implanted cardiac defibrillator (AICD)
- Anyone that is pregnant
- Anyone with deep vein thrombosis (DVT) - to avoid mobilising the clot.

You should never use the massager on the following body parts
- **Pregnant** - womb/stomach
- **Broken or bleeding skin** - dress any open wound to ensure electrodes do not come in contact with the area - to avoid a stinging sensation.
- **Tissue bleed** (internal/external)
- **Epilepsy** - do not use the pads on the neck area
- **Malignancy**
- **Eyes, testicles**
- **Infected tissue** (inc cellulites)

CAUTION-Take care during use:
Muscle or ligament sprains/tears - rest first then use a low intensity and/or shorter duration to avoid over-stimulation.
Devitalised/numb tissue - ensure not to over stimulate the area
Long term immobility or inactivity - use a low intensity and shorter duration to introduce the muscles and avoid over stimulation/muscle fatigue.

Other important safety precautions
1. Only use this device for the purpose of physical therapy.
2. Only use the accessories supplied with the foot massager.
3. Never expose the device to extreme heat and high temperatures.
4. Do not spill liquid on the device or its accessories, and do not put it in damp areas.
5. Do not overload the electrical outlet.
6. If you are not going to be using the massager for a long time, remove the batteries from the remote controller. If the device malfunctions, disconnect it from the power source and contact customer services. Do not attempt to repair the device yourself; as to do so will invalidate the warranty.
7. Check the batteries in the remote control on a regular basis to ensure that they are operative.
8. The wall socket should be installed near the equipment and should be easily accessible.
9. Keep the device and the accessories out of the reach of young children.
10. Do not place electrodes on damaged skin.
11. The surface of the far-infrared lights cover is hot. A person who is not sensitive to heat must pay more attention when using it.





① Connecting wire
② Electrode Pad

Adapter

Remote

Description of parts

A/ Power switch

B/ Working Mode button · By pressing this button, you can select the working mode from a choice of 56. Each press of the mode button can shift it to a new mode.

C/ Function Button (switch between body and sole massage).

D/ Auto program Button · By pressing this button, the massager will automatically cycle through the working modes.

E/ Time control button · Press "+" to increase the working time, and "-" to reduce the working time.

F/ Body/sole massage Intensity control button ·

- In "Body" massage mode, press "+" to increase the intensity of the electromagnetic wave pulse, and "-" to reduce.
- In "Sole" massage mode, press "+" to increase the intensity of the biologic electromagnetic wave pulse, and "-" to reduce.

G/ Sole Massage Pads · To place your feet on.

H/ Infrared warming area · The unique infrared warm function can infiltrate the massage deep into your body.

I/ Red Indicating Light · Light flashes: waiting to start working · Light on constantly: in working status mode

J/ Green indicating light · On: Automatic transfer mode · Off: Under the settled mode.

K/ Intensity Display (sole) · Displays the intensity.

L/ Intensity Display · Displays the intensity

M/ Time display · Displays the remaining time that you can enjoy the massage for.

N/ The Working Mode Display

O/ Electromagnetic Wave Pulse Intensity Display · When different electromagnetic wave pulse modes and intensities are selected, the display will be different.

P/ Socket for power input · For connecting the adaptor

Q/ Infrared switch

R/ Socket for the connection of the electrode pads · For connecting the electrode pads

S/ T.E.N.S electrode pads

T/ Remote controller

USAGE INSTRUCTIONS

You can operate the device directly or by using the remote controller provided.

1. Connect the adaptor to the unit and plug into the mains power supply.

2. Plug the device into the nearest electricity socket and place the device a comfortable distance from your chair.

3. Put your clean feet (it's best to take off the socks) on the sole stimulating board, and make sure that your soles completely touch the stimulating boards.

4. Press the power button to turn on the device.

5. Press the "FUNCTION" button until the "sole" icon is flashing and then press the "INTENSITY" button on the unit or remote controller to select the desired intensity ("+" increases the intensity and "-" reduces the intensity).

6. Press the "TIME" button on the unit or on the remote controller to select the usage time (5 minutes/ 10 minutes/.../90minutes).

7. Use the "AUTO" button on the unit or the remote controller to select the automatic program, which will change the electronic pulse mode every one minute. There are 56 electromagnetic wave pulse modes.

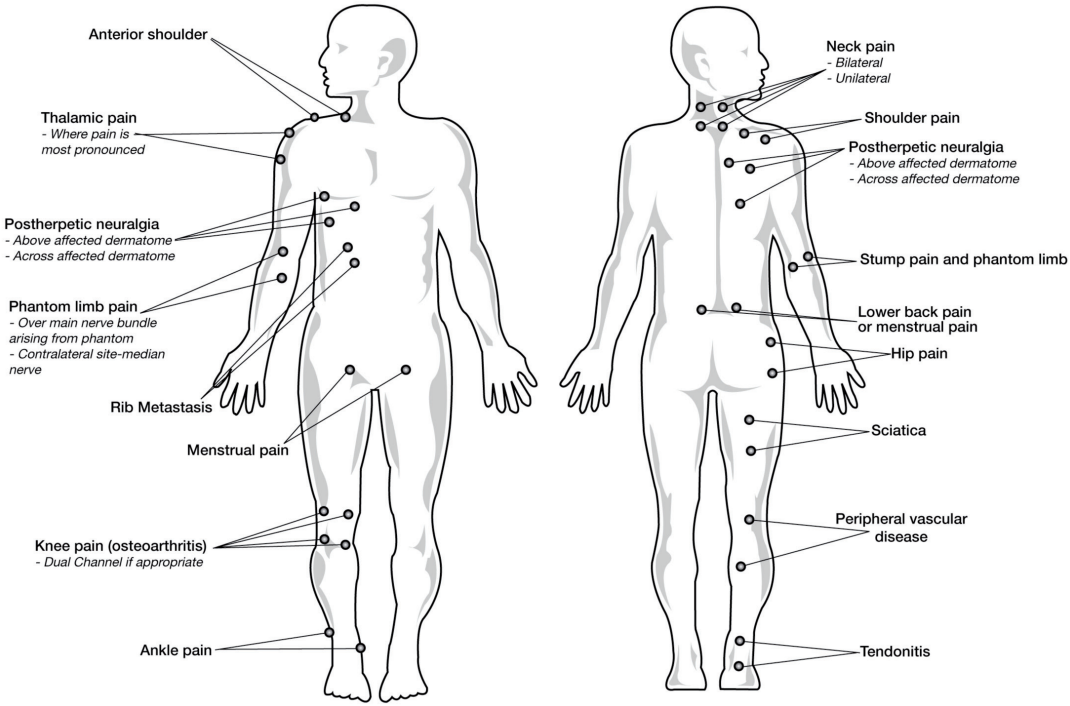
8. If you want to select a single biologic electromagnetic wave pulse, press the "MODE" button to choose the desired mode.

9. The machine will stop operation automatically when the preset time is up.

10. It is advisable to drink 500cc of warm water after using this unit.

11. When this device is not in use, remove the plug from the mains power supply.

T.E.N.S Electrode Pads



T.E.N.S ELECTRODE PADS

Four TENS electrode pads are provided. Use these pads to relieve body aches and pains (for example, to the knee, shoulder, back and arm). You can use the pads either by themselves or at the same time when using the footpads. The choice is yours.

1. Place the device into the nearest electricity socket and place the device at a comfortable distance from your chair.
2. Connect the pins on the leads to the wire on each set of body pads.
3. Before use, please ensure that the surface of the skin is free from dirt, oil, sweat, powder and any wounds.
4. Remove the backing from the electrodes, and place them on the body parts you wish to treat, targeting the area where you suffer muscular or joint pain. Note; the electrodes must be used as a pair and there should be at least a 1cm space between them. Below are illustrated examples of T.E.N.S treatment areas for pain relief.
5. Plug the other end of the lead into the electrode pad socket on the side of the device.
6. Before use, please ensure that the surface of the skin is free from dirt, oil, sweat, powder and any wounds.
7. Join the electrode pads to the wires, and connect to the device.

8. Remove the backing from the electrodes, and place them on the body parts you wish to treat. Note; the electrodes must be used as a pair and there should be at least a 1cm space between them.
9. Press the “FUNCTION” button until the “body” LED icon flashes. Then press the body intensity button to +/- buttons to increase or decrease the intensity level. You should set the intensity so that you can feel the pulses, but remain comfortable.
10. After use, remove the electrodes from the skin slowly and stick them back onto the plastic backing.
11. Drink a glass of warm water after the therapy to help detoxification.

INFRARED FUNCTION

To switch on the infrared function, simply press the red infrared button on the left side of the unit. To switch the infrared function off, just press the infrared button again.

MAINTENANCE

1. Before using the electrodes, make sure that the surface of the skin is free from sweat or dirt.

2. Place the electrodes on the plastic backing after each use.

3. The electrodes should be removed from the skin slowly to protect the pectin.

4. Periodically rub a few drops of clean water on the electrodes to improve their adhesive quality. Return the body electrodes to the white hard plastic protectors provided. Do not immerse the device in water.

5. Clean the footpads with damp, soapy cloth. Do not clean the device or its accessories with strong detergent.

6. Do not put the device in sunlight, damp areas or expose to high temperatures.

7. Store in a dry, dust free location.

FREQUENTLY ASKED QUESTIONS

1. **Should I bathe before using?**
   Not necessary, but it is a good hygienic habit to wash the feet before use.
2. **What level of intensity should I use?**
   There is no fixed intensity level to follow as each individual has a different level of electrical resistance. You should adjust the intensity to a level until you feel comfortable.
3. **Will I get the best result from the highest intensity?**
   Not necessarily. Using an intensity that is too high, beyond the body's acceptance, will cause muscle fatigue and could aggravate an illness.
4. **Why do I need to choose a high intensity?**
   It may be your feet are too dry; you only need to wash your feet or to apply skin lotion to soften the skin. Or it may be that your feet or nerves have been damaged (inside or outside), you only need to strengthen the intensity or place electrodes on the parts where the feeling is weak.
5. **What is the recommended time per session and how many times per day?**
   It is recommended that you use the unit for 30 mins each time and no more than 6 times every day. The total time one person should use the unit for each day, is a maximum of 3 hours. It is better to take a 30-min rest before starting another therapy.
6. **Can I treat both soles and body at the same time?**
   Yes, because the same waveforms will be used and there are separate intensity controls for soles and body.
7. **Will I get an electric shock if my feet are wet?**
   No. Because the electrical current is only AC12v, also the footpads are made of plastics.
8. **Can I bathe immediately after the therapy?**
   It is advisable to have a 10 to 15 minutes break before showering, as your body temperature will rise as a result of improved blood circulation.
9. **Can I use the device immediately after a meal?**
   Yes, it will help the detoxification process.
10. **Do I need to drink a glass of water after therapy?**
    Yes, it will help the detoxification process.
11. **Is the device safe to use on sprains and torn ligaments?**
    Do not use the device on sprains during the first 6 weeks. Rest for 2 to 6 weeks before using the device on sprains. As for torn ligaments, it needs a 6 months rest before commencement.
12. **Why do I feel sleepy when and after use?**
    This is because both your body and mind are relaxed after the therapy.
13. **What should I do if I find the stimulation too strong even at the lowest intensity level?**
    It may be that your nerves are too sensitive. You only need to reduce the usage time and frequency.
14. **My symptoms seem to have worsened since using the device. Is this normal?**
    Do not worry. It is quite normal that symptoms such as aches, pains and swelling may be worse during the initial treatment phase. This may occur if the body has not yet adjusted to the acceleration of blood circulation and muscle stimulation. Medically it is called acclimatisation. You only need to reduce the session intensity, treatment

time and frequency. This side effect will automatically disappear when the adjustment phases it over.

15. **Is the device safe for everyone?**
People with a pacemaker, deep vein thrombosis or are pregnant must not use this device. Patients with heart disease, a malignant tumour, or who have just been operated on should seek medical advice before using the device.

Troubleshooting

Problem	Possible cause	Solution
Device is on (lights illuminated on the LCD display) but can't feel the electrical stimulation through footpads	The device is not being used correctly. Check corrective action procedure.	We call it "The hand test". Test the device by placing both bare hands at the same time on each of the foot pads (left hand on the left pad, right hand on the right pad). Increase the "SOLE" intensity up in increments until you can feel the stimulation. If you can feel the stimulation through your hands then the device is working. If on the maximum setting and you still cannot feel the stimulation contact customer services.
	Not placing both bare feet on the foot pads at the same time.	Ensure that your feet are bare and each foot is placed on each of the foot pads at the same time. Keep increasing the "SOLE" intensity up to the maximum setting until you feel the stimulation.
	Your feet may be dry	Moisturise the soles of your feet preferably with a heel balm high in urea from your local pharmacy and try the procedure again. You may also have to increase the "SOLE" intensity level.
	You may be dehydrated	Drink plenty of water before and after using the device. The device uses your body to create the electrical circuit. Water is an excellent conductor of electricity and if your body is less hydrated (below 60%) then the stimulation may be less. Therefore is important to always remain well hydrated.
	The "SOLE" intensity level may be on too low a setting.	This is a very safe device. Keep increasing the "SOLE " intensity level towards the maximum setting until you feel the stimulation. Ignore your friends and family if they are able to feel it on much lower levels- everyone is different! Also, you may find that you have to increase the "SOLE" intensity as you get used to the therapy. The aim is not to get to the maximum setting, but to find a setting that is comfortable for you.
No power or lights to the device when switched on	DC adaptor not switched on at mains socket or DC adaptor not plugged into device properly	Check mains socket power is switched on and the DC adaptor is plugged into the device correctly. If still not working-contact customer services.
The device is not vibrating	The device DOES NOT VIBRATE.	Read instructions on correct use.
The body electrode pads have lost their adhesive/stickiness	The electrode pads will eventually deteriorate with regular use. They are consumables. To guarantee maximum life, ensure that your skin is free from dirt, oil and lotions.	Dab a small drop of water onto the sticky side of the electrode pads and rub into the surface. This should improve the adhesiveness. Also use the hard white plastic holders to store the pads.
My legs are aching after treatment	You may have the "SOLE" intensity on too high a setting and your muscles are being overworked.	Leave adequate time after each treatment to allow the muscles to recover (just like after vigorous exercise!). On your next session start on a lower setting (where you can feel the mild electrical stimulation and it is comfortable) and reduce the duration until your muscles have acclimatised to the stimulation.

IMPORTANT
Please do not return this product without first calling the Customer Service number below:
0871 911 7003

Thank you for purchasing this product, which has been made to demanding high quality standards and is guaranteed for domestic use against manufacturing faults for a period of 12 months from the date of purchase.

This guarantee does not affect your statutory rights. If your product fails due to a defect in material or workmanship during this period, please return it to the place of purchase. Normal wear and tear is not covered under the guarantee.

Any guarantee is invalid if the product has been misused or subject to neglect or an attempted repair other than by our own service centre.

Due to continuous product improvement, we reserve the right to change the product specification without prior notice.

After Sales Customer Service:
Customer Service Department, Clifford James, Gladden Place, West Gillibrands Industrial Estate, Skelmersdale, Lancashire, WN8 9SX, UK

Telephone: 0871 911 7003
E-mail support@bvg-airflo.co.uk

Please retain for future reference.
Colours and contents may vary.
Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice.

Please note that all products with the symbol below must be recycled.

定时
脚底
模式
身体
30
Timer
Sole
Mode
Body
TIMER
SOLE/BODY
AUTO
MODE
POWER
INTENSITY